



SPRING VALLEY RECREATION

ACTIVITY & PROGRAM GUIDE



**Parks
Make
Life
Better!**

WINTER/SPRING 2012

CREATING COMMUNITIES THROUGH PEOPLE, PARKS AND PROGRAMS

☎ (619) 479-1832

WWW.SDPARKS.ORG

SPRING VALLEY COMMUNITY CENTER INFORMATION

Register Now! Winter/Spring Session



Online Registration: You can register online for activities at no additional cost using a Visa or MasterCard. The mouse icon indicates which activities are available for Internet Registration. Please visit www.sdparks.org and click on the online registration icon or go to Community and Teen Centers Online Registration. You will then be directed to the online registration program. Follow the instructions and in minutes, from the comfort of your own home, you will be registered for your favorite activities. Registration is required for participation.

Register in Person: Register at the Spring Valley Community Center office, located at 8735 Jamacha Boulevard, Spring Valley. We accept cash, check, MasterCard or Visa.

Register by Mail: Class registrations are accepted by mail. Please include a check, payable to the County of San Diego for the fee, completed registration form (see page 15), and a self-addressed, stamped envelope to return your receipt. You will need to complete a waiver before the first class.

The County of San Diego Department of Parks and Recreation is a proud sponsor of the “ready...set...Live Well” campaign.

Vision

La Mesa and Spring Valley are the healthiest and most livable communities in the San Diego region.

Mission

Enhance environments to promote physical activity and healthy eating in La Mesa and Spring Valley.

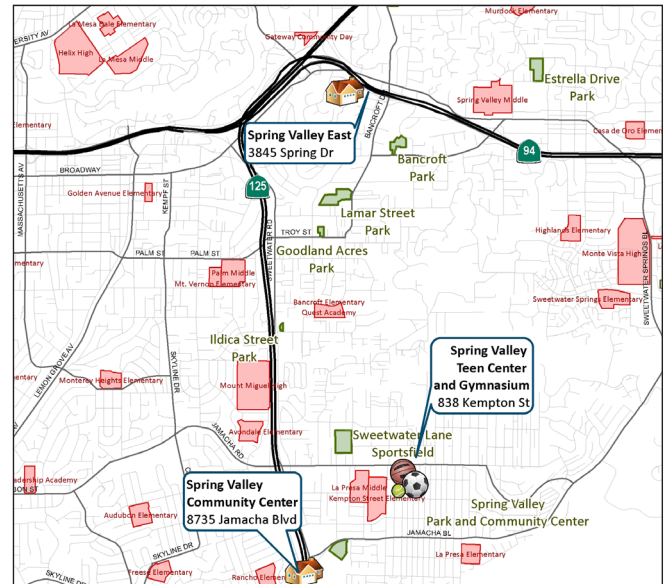


TABLE OF CONTENTS

Staff & Volunteers.....	3
Special Events.....	4
Preschool & Youth Programs.....	5
Youth & Adult Programs.....	6
Self Defense, Fitness & Life Long Learning	8
Senior Program.....	9
Library.....	9
Spring Valley East Programs.....	10
Teen Center/Rec Club.....	11
Gymnasium.....	12
Registration	14
Bingo	15
Banquet Hall & Rental	Back page

LIVE A HEALTHY LIFE



The “Live a Healthy Life...Recreate!” logo identifies activities, programs, and events that offer a health and wellness benefit to the participant. Look for the logo throughout the program guide to help you choose what is right for you, and wellness benefit to the participant.



Holiday

Spring Valley

Community Center offices will be closed:

January 2, New Year's Day
January 16, Martin Luther King Jr. Day
February 20, President's Day
March 30, Cesar Chavez Day
May 28, Memorial Day

GO Green!

Help preserve the environment by receiving our activity guide via email. Sign up at www.sdparks.org

STAFF AND VOLUNTEERS

Adult Organizations

Casa De Oro Business Association	(619) 469-9276
Chamber of Commerce	(619) 670-9902
Grossmont/Mt. Helix Imp. Association	(619) 469-9547
Lemon Valley Leprechaun 4-H Club	(619) 464-4394
Rancho San Diego Rotary Club	(619) 445-2026
Soroptimist International	(619) 749-7987
Spring Valley Citizens Association	(619) 670-8004
Spring Valley Historical Society	(619) 469-1480
Spring Valley Kiwanis Club	(619) 461-1586
Spring Valley Lion's Club	(619) 670-0121
Spring Valley Woman's Club	(619) 465-1830

Public & Government Agencies

Animal Control	(619) 263-7741
Child Abuse Hotline	(858) 560-2191
Code Enforcement	(858) 694-3741
Community Services	(858) 300-1211
County Parks Information	(858) 694-3030
Dianne Jacob County Supervisor	(619) 531-5522
Crisis Hotline, 24 Hours	(800) 479-3339
Grossmont Pools	(619) 644-8172
Grossmont/Spring Valley Family Health	(619) 515-2555
Grow Smart Children's Academy	(619) 479-7577
Healthy Start	(619) 668-8391
Library Casa De Oro	(619) 463-3236
Library Spring Valley	(619) 463-3006
San Miguel Fire District Office	(619) 670-0500
Spring Valley Senior Center	(619) 479-1832
Lemon Grove Senior Center	(619) 337-1425
Sheriff's Business Office HQ	(858) 974-2222
Sheriff's Dispatch-Non Emergency	(858) 565-5200
Sheriff's Station-Lemon Grove	(619) 337-2000
Sweetwater Lane Sports Complex	(619) 667-6833

Youth Organizations

Family Health Development Project	(619) 515-2463
Spring Valley Gymnasium	(619) 667-6833
Spring Valley REC Club	(619) 667-6835
Spring Valley Youth & Family Coalition	(619) 668-8391
Sweetwater Lane Sports Complex	(619) 670-9902

Youth & Sports Organizations

American Youth Athletics	(619) 670-9774
A.Y.S.O. Soccer	(619) 335-6631
Girl's Fastpitch Softball	(858) 277-0205
International Friendship Soccer League	(619) 200-2455
Little League Cajon De Oro	(619) 778-8955
Little League La Mesa National	(619) 251-9691
Little League Spring Valley	(619) 606-9229
Little League Valle De Oro	(619) 461-1928
Los Toros Football	(619) 807-0107
National Youth Sports	(619) 542-7884

Community Center Staff

C. Renell Nailon	Center Director
Florence Castro	Facility/Program Manager
Teresa Bakken	Office Administrator
Anne Thibodeau	Front Desk Clerk
Asuncion Martinez	Senior Aide
Michael Cuyler	Maintenance Supervisor

County Service Area 128

Will Conley, President	Marilyn Wilkinson, Member
Chris Kanzius, Member	Barbara Warner, Member
Robin Wood, Member	Shari Valenzuela, Member

Parks and Recreation Advisory Council

Advisory Council Meeting is held at the Spring Valley Community Center, 1st Tuesday of each month at 6:30 p.m.

Community Center Booster Club

Will Conley	President
Lori Johnson-Brown	2nd Vice-President, Bingo Manager
Sharron Conley	Secretary /Treasurer & Assistant Manager
Gladys Miller	Volunteer Coordinator

Spring Valley REC Club Staff

Carl McCullough	Director
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Gymnasium Staff

Brandon Schroeder	Director
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DIRECTOR'S MESSAGE

On behalf of the staff and volunteers at Spring Valley Community Center – I wish you much happiness, good health and good fortune for this New Year, 2012. The Spring Valley Community Center and the County of San Diego Department of Parks and Recreation are committed to creating a safe environment which encourages the whole community to expand their recreational, creative and social horizons.

To facilitate this mission, we promote and offer a wide variety of programs and activities for all ages of the community such as Ballet Folklorico, Intergenerational Reading & Book Club, Guitar Lessons, Karate and Senior Lunches.

We are especially appreciative that we have strong community volunteers and partners who support our efforts to make further progress toward our highest aspirations for the community. It is a joyful opportunity during the holiday season to express our deepest gratitude to each of you for your enduring support and guidance as we move forward with plans to help secure an even stronger future for the Spring Valley community.

Charles "Renell" Nailon
Spring Valley Community Center Director

SPECIAL EVENTS

Breakfast with the Bunny

The entire family will enjoy a special visit from Spring Valley's own "bunny." Breakfast includes pancakes, sausage, juice, coffee and milk, all served by the enthusiastic Kiwanis!

SC002.112 Spring: Sat. 4/7

Time: 7:30-9:30 a.m.

Location: SVCC-Ketell Hall

Fee: \$4 children 12 & under, \$5 adults

Egg Hunt

SC003.112 Spring: Sat. 4/7

Ages: 2-10

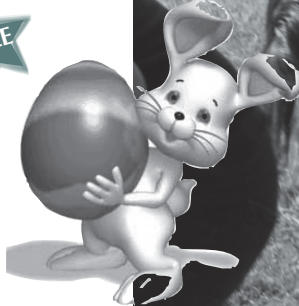
Location: Spring Valley Park

Time: 9:00 a.m. Sharp!

Picture taken with the Bunny \$5

Sponsored by: Spring Valley
Booster Club

FREE



Intergenerational



Reading & Book Club



Free!

Interested in sharpening your reading skills, building
yourself-confidence and self-esteem?
"Come join the Reading & Book Club!"

Students work with older adults and staff from UCSD to
improve their reading skills. The program is designed to make
learning fun by offering opportunities to build confidence
and self-esteem. The program concludes with a Book Fair.
FREE Books for All!



REGISTRATION INFORMATION

Grades: 1st - 6th

Dates: April 18 - May 24

Days: Wed. & Thur.

Time: 3:30 - 5:00 p.m.



Spring Valley Community Center
8735 Jamacha Boulevard
Spring Valley, CA 91977

For more information, please call (619) 479-1832.

"This is a non-district
sponsored event/activity."

Spring Camp

Enjoy two weeks of fun during the holiday break.
Spring camp consists of games and holiday crafts.

SY154.112 Mon.-Fri. 4/2-4/6 Week I

SY155.112 Mon.-Fri. 4/9-4/13 Week II

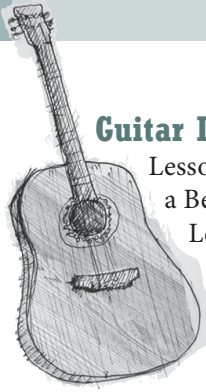
Time: 7:00 a.m.-6:00 p.m.

Ages: 5-14

Fee: \$80, per week, per child.

Location: SVCC-Olsen Room

Daily rate \$30



Guitar Lessons



Lessons & music theory instruction with a Berklee College of Music graduate. Learning should be fun as well as educational! All lessons taught in a relaxed & supportive atmosphere. Students must provide guitar & amplifier, if electric.

SY332.412 Winter: Wed. 1/25-3/14 (8 weeks)
SY333.112 Spring: Wed. 4/18-6/6 (8 weeks)
Time: 7:00-8:00 p.m.
Ages: 9 & up
Fee: \$45
Location: SVCC-Senior Lounge
Instructor: Ed Lanthier

Gymnastics



For beginner students: will introduce walk overs, handsprings, tucks & more. Progress reports are given at the completion of the program.

For intermediate & advanced students: This class will focus on technique & form. Students will also learn basic swings & back hip circles on bars, handsprings on vault, cartwheels & handstands on balance beam. **An annual, one time fee of \$20 will be charged for insurance, per participant, paid to instructor.**

SY651.412 Winter: Wed. 1/25-3/14 (8 weeks)
SY651.112 Spring: Wed. 4/18-6/6 (8 weeks)
Time: 6:00-6:45 p.m.
Ages: 5 & up
Fee: \$70
Location: SVCC-Ketell Hall
Instructor: Hayley Pennings

Kindergym: Preschool Gymnastics



This class is a developmental floor gymnastics & fitness program with emphasis on social & gross motor skills, physical & movement education and basic health issues.

SY652.412 Winter: Fri. 1/27-3/16 (8 weeks)
SY652.112 Spring: Fri. 4/20-6/8 (8 weeks)
Time: 2:00-2:45 p.m.
Ages: 3-5
Fee: \$70
Location: SVCC-Olsen Room
Instructor: Hayley Pennings

Kindergym: Toddler Tumbling



This class is designed to develop the total child through gross motor skills, movement creativity, physical development & body awareness while learning numbers, colors, shapes & songs.

SY653.412 Winter: Fri. 1/27-3/16 (8 weeks)
SY653.112 Spring: Fri. 4/20-6/8 (8 weeks)
Time: 1:00-1:45 p.m.
Ages: 1½ -2
Fee: \$70
Location: SVCC-Olsen Room
Instructor: Hayley Pennings

Musical Theatre



For children who want to develop their vocal, dance & acting skills in a creative, FUN way! Develop their coordination skills, projecting techniques & memorization capabilities. There will also be a final performance at the last class.

SY432.412 Winter: Fri. 1/27-3/16 (8 weeks)
SY432.112 Spring: Fri. 4/20-6/8 (8 weeks)
Time: 4:00-5:00 p.m.
Ages: 6-12
Fee: \$65
Location: SVCC-Senior Lounge
Instructor: Kat Sorensen

Parent & Tot – Young Tumble



A parent involvement class in which children will have a great time while developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachute, obstacles, beanbags, music, sports, (example: T-ball) etc. Basic animal walks and tumbling skills introduced. Instructor will help with little more advanced tumbling skills for the children that are ready-bare feet.

SY656.412 Winter: Wed. 2/8-3/21 (7 weeks)
Fee: \$60
SY656.112 Spring: Wed. 4/18-6/13 (9 weeks)
Fee: \$77
Time: 5:00-5:35 p.m.
Ages: 1½ - 4
Location: SVCC-Olsen Room
Instructor: Robin Wilkes

Tennis



Class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water.

SY978.412 Winter: Sat. 1/28-3/17 (8 weeks)

SY979.112 Spring: Sat. 4/21-6/9 (8 weeks)

Time: Beg. 10:00-11:00 a.m.

Ages: 7-11

SC9710.412 Winter: Sat. 1/28-3/17 (8 weeks)

SC9711.112 Spring: Sat. 4/21-6/9 (8 weeks)

Time: Int. 9:00-10:00 a.m.

Ages: 12 & up

Fee: \$55

Location: Mt. Miguel HS -Tennis Court

Instructor: Lois Szczepaniak

Ballet Folklorico



Ballet Folklorico is a true cultural dance experience for all ages, males and females. Students perform yearly in Old-Town.

SC411.412 Winter: Thur. 1/5-2/23 (2 months)

SC412.412 Winter: Thur. 3/1-4/26 (2 months)

SC411.112 Spring: Thur. 5/3-6/28 (2 months)

Time: Beg. 5:30-6:15 p.m.

Ages: 3 & up

SC411.412 Winter: Thur. 1/5-2/23 (2 months)

SC412.412 Winter: Thur. 3/1-4/26 (2 months)

SC413.112 Spring: Thur. 5/3-6/28 (2 months)

Time: Adv. 6:15-7:00 p.m.

Ages: 5 & up

Fee: \$55

Location: SVCC-Ketell Hall

Instructor: Kathy Villalobos

Belly Dancing



Belly dance is a fun, friendly environment. Participants will learn basic dance moves, choreography, veil, floor work, basic finger cymbal rhythms & costume ideas.

SC422.412 Winter: Tue. 1/24-3/13 (8 weeks)

SC423.112 Spring: Tue. 4/17-6/5 (8 weeks)

Time: Beg. 6:15-7:00 p.m.

Ages: 12 & up

Fee: \$55

Location: SVCC-Olsen Room

Instructor: Ana Goebel

Dance Sampler & Tumble *



Introduce your children to music and movement in a variety class of: **Tap, Ballet (Mostly Jazz) & Beginning Tumbling Skills**. Develop coordination and rhythm. Tap or hard soled shoes required; bare feet for ballet & tumble. Students only in the classroom. * Rehearsal for the fair will be last day of class.

SY654.412 Winter: Wed. 2/8-3/21 (7 weeks)

Fee: \$60

SY654.112 Spring: Wed. 4/18-6/13 (9 weeks)

Fee: \$77

Time: 6:25-7:05 p.m.

Ages: 5 ½-10

Location: SVCC-Olsen Room

Instructor: Robin Wilkes

Dance Sampler & Tumble – YOUNG *



Class includes music and movement in a variety class that teaches tap, ballet and tumbling skills to develop coordination and rhythm. Tap or hard soled shoes required; bare feet for ballet & tumble. Students only in the classroom. * Rehearsal for the fair will be last day of class.

SY654.412 Winter: Wed. 2/8-3/21 (7 weeks)

Fee: \$60

SY654.112 Spring: Wed. 4/18-6/13 (9 weeks)

Fee: \$77

Time: 5:45-6:20 p.m.

Ages: 3-5

Location: SVCC-Olsen Room

Instructor: Robin Wilkes

Dancers must participate in both Winter & Spring sessions to perform at the fair! We will be working on dances to prepare for a June performance. NO performance for the Winter session. A registration & costume fee of \$30-\$45, separate from the enrollment cost will be charged for the fair, paid to the instructor.

YOUTH & ADULT DANCE

Dances of the Pacific Islands



Don't just watch, **DANCE**...to the beautiful music of the Hawaiian and Pacific Islands. You'll learn the basic hula steps to dance a beautiful modern hula & other Polynesian dances.

SY491.412 Winter: Fri. 1/27-3/16 (8 weeks)

SY492.112 Spring: Fri. 4/20-6/8 (8 weeks)

Time: 4:00-5:00 p.m.

Ages 5 & up

Fee \$64

Location: SVCC-Ketell Hall

Instructor Erleen Ewell

School Aged Hip Hop



Have some fun dancing to your favorite hip hop music all while learning the latest age appropriate moves! This class is full of energy and just a lot of fun! There will also be a final performance at the last class.

SY430.412 Winter: Thur. 1/26-3/15 (8 weeks)

SY430.112 Spring: Thur. 4/19-6/7 (8 weeks)

Time: 5:00-6:00 p.m.

Ages: 6 & up

Fee: \$65

Location: SVCC-Olsen Room

Instructor: Terrilynette Minor

Zumba Fitness!



Zumba brought the best of two worlds into a fun and easy to follow activity that everyone can enjoy. No dancing experience required! Let's Ditch the Workout and Enjoy the Party.

SA611.412 Winter: Thu. 1/26-3/15 (8 weeks)

SA612.112 Spring: Thu. 4/19-6/6 (8 weeks)

Time: 7:00 p.m.-8:00 p.m.

Ages: 18 & up

Fee: \$40

Location: SVCC-Ketell Hall

Instructor: JoAnn Rochau

Zumba with Marisol!



Feel the music, feel the fitness!!

SC674.412 Winter: Mon. 1/23-3/12 (8 weeks)

SC675.112 Spring: Mon. 4/16-6/4 (8 weeks)

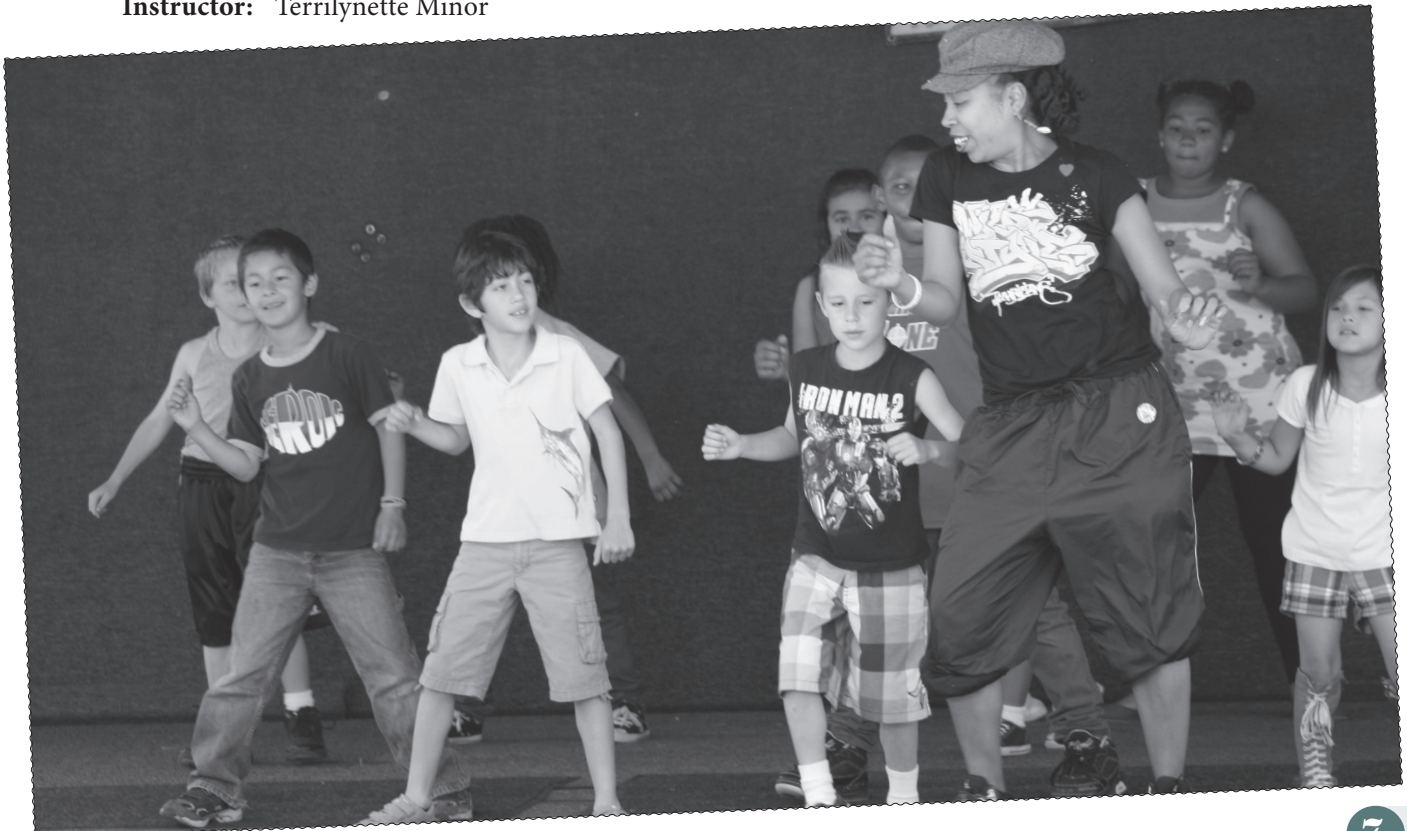
Time: 7:00-8:00 p.m.

Ages: 12 & up

Fee: \$36

Location: SVCC-Olsen Room

Instructor: Marisol Cortez



SELF DEFENSE, FITNESS & LIFELONG LEARNING

America's Youth Karate

This program is designed to promote a higher level of self confidence, improve self esteem, discipline, concentration and physical fitness! For additional information, please call (619) 282-3066 or visit us at www.ayop.org.

Class Starts: Tue. 1/10

Time: 5:00 p.m.

Ages: 4 & up

Fee: \$7 per week, pay weekly

Registration Fee: \$5

Location: SVCC-Ketell Hall

Instructor: Matt Armstrong

Body by Discipline – Youth & Adult

Boxing, kickboxing and overall fitness! Expect a workout with strength & conditioning drills; guaranteed to improve your stamina & increase your speed while learning correct powerful punches & kicks.

SC667.412 Winter: Wed. 1/25-3/14 (8 weeks)

SY667.112 Spring: Wed. 4/18-6/6 (8 weeks)

Ages: 7 & up

Fee: \$40

Time: 7:00-8:00 p.m.

Instructor: Chris Lumpkin

Location: SVCC-Ketell Hall

Dog Obedience Class

This class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed: choker, 6 ft. & 20 ft. leash. Must provide proof of current rabies & vaccination records for each dog.

SC747.412 Winter: Sat. 1/28-3/3 (6 weeks)

SC748.112 Spring: Sat. 4/21-5/26 (6 weeks)

Time: Basic 9:00-10:00 a.m.

Fee: \$65

Location: Spring Valley Park

Instructor: Cindy D'Ambrosia of Castle Creek Kennels, sponsored by Bahia del Sur Kennel Club

How to Self Publish Marketing e-books

Author of two self published books, Linda Meckler will teach you how to self publish your book or make an E book for your website. For more information on Linda Meckler, go to www.lindameckler.com. Bring a lunch to this class.

SA051.411 Winter: Wed. 1/25, 2/1, 2/15, 2/29
(4 classes)

SA051.112 Spring: Wed. 4/18, 5/2, 5/16, 5/30
(4 classes)

Time: 12:00-1:00 p.m.

Fee: \$40

Location: SVCC-Olsen Room

Instructor: Linda Meckler

Introduction to Aikido

Welcome to the Japanese martial art of Aikido. Basic attacks/defenses, pins & throws are covered. The use of kettlebells, bodyweight & resistance bands taught by a certified coach. For more information call 619-895-4699 or visit: www.ctgdevelopment.net

SEC612.412 Winter: Tue. 1/24-3/13 (8 weeks)

SEC613.112 Spring: Tue. 4/17-6/5 (8 weeks)

Time: 7:00-8:30 p.m.

Ages: 8 & up

Fee: \$60

Location: East County Budokai Dojo:
2782 Sweetwater Springs Blvd.#E
(Across from the Post Office)

Instructor: Cameron Gary

Intergenerational Health and Fitness Alliance

Expect a work out with strength and conditioning drills, guaranteed to improve your stamina and increase your speed while learning correct powerful punches and kicks.

SO651.412 Winter: Sat. 1/28-3/17 (8 weeks)

SO652.112 Spring: Sat. 4/21-6/9 (8 weeks)

Ages: 7 & up

Fee: \$40

Time: 9:00-10:00 a.m.

Instructor: Chris Lumpkin

Location: Spring Valley Park

SENIOR PROGRAMS

SENIOR TRIPS

Lawrence Welk Theatre Wednesday, January 25, 2012
9:00 a.m. - 5:00 p.m. **Fee:** \$55.00

The hilarious Broadway musical, "How To Succeed In Business Without Really Trying" is about a young ambitious man trying to break in and get ahead in the business world. This stage and movie musical has wonderful, wacky characters and toe tapping music! Trip includes admission and lunch buffet.

Flower Fields Saturday, April 21, 2012
10:00 a.m. - 6:00 p.m. **Fee:** \$20.00

Enjoy the beautiful Flower Fields in Carlsbad overlooking the Pacific Ocean among 50 acres of bright ranunculus flowers. Trip includes tractor driven wagon ride!, strawberry shortcake, music!, door prizes, and arts and crafts festival! Lunch is on your own at a nearby restaurant. This is our annual trip and fills quickly.

General Information

A variety of special trips have been planned for seniors 55 & older. All trips include transportation from the Spring Valley Community Center and entrance fees to the activity.

Catered Adult Lunches

Meet new friends from all walks of life. Join an active group of retired people 60 years and older for lunch-Monday through Friday at the Spring Valley Community Center. Lunch is offered for a suggested donation of \$3.50 per person, under 60, \$6. The meals served are complete and nutritionally balanced. The program is open 9:45 a.m. to 1:00 p.m. Monday through Friday. Please call by 12:00 p.m. one day in advance for lunch reservations. For information or reservations, call (619) 337-1425, Monday through Friday.

Lunchtime Activities

Bingo: Mondays, Thursdays & Fridays 10:15 a.m.

Cards: Monday-Friday 10:00 a.m.

Pe-Ke-No: Tuesdays 10:15 am

Blood Pressure: 2nd Monday, 3rd Tuesday and 4th Monday of each month at 10:00 a.m.

Legal Aid: Call for an appointment (619) 447-7921.

Sing-A-Long: Wednesdays, 10:30-11:15 a.m.

Fridays are reserved for entertainment and speakers.



sandiegocountylibrary

ALL LIBRARY PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

SPRING VALLEY BRANCH LIBRARY

836 Kempton Street, Spring Valley, CA 91977
(619) 463-3006

Youth Programs

1st & 3rd Tuesdays, 2:00 p.m.

Bilingual Storytime (All ages)

2nd, 4th Tuesdays, 2:00 p.m.

After School Storytime (All ages)

2nd & 4th Wednesdays, 3:00 p.m.

Kids Kraft (Grades 1-5). All materials provided.
Wednesdays, 10:30 a.m.

Toddler Storytime (Ages 18 months-3 years)

Thursdays, 10:30 a.m.

Baby Storytime (Ages birth-18 months)

Fridays, 10:30 a.m.

Preschool Storytime (Ages 3-5 years)

1st Thursday, 4:00 p.m.

Graphic Novel Club for Teens (Registration required)

3rd Thursday, 4:00 p.m.

Anime Club for Teens (Registration required)

Every Saturday, 2:00-4:00 p.m.

Wii Games (All ages)

Family Programs

Mondays, 3:00 p.m. Family Movie Day

CASA DE ORO BRANCH LIBRARY

9805 Campo Rd. Suite 180
(619) 463-3236

Youth Programs:

Storytimes: Toddler Wednesdays, 10:30 a.m.; Pre-school Storytime & Craft, Thursdays, 11:00 a.m.; After School Programs: Teen Tuesdays (Grades 6-12) 3:00 p.m.; Wacky Wednesdays (Grades 1-6) 3:00 p.m.; Fit & Fun Thursdays (Grades 4-8) 1st & 3rd Thursdays, 4:00 p.m.

Family Programs: Positive Parenting Seminars, Thursdays, Feb. 9th, 16th, & 23rd, 6:00 p.m. Call Library to reserve your space; 3rd Annual Library Fiesta, features live music, children's activities, and refreshments, Saturday, May 12, 12-3:00 p.m.

Adult Programs: Classic Movie Night, 1st Thursday, 5:00 p.m.; Adventures on the Pacific Crest Trail, Friday, January 20, 10:30 a.m.; Coffee & Conversation Adult Programs, 3rd Friday, 10:30 a.m.; Computer Classes in English, Spanish and Arabic

YOUTH

Jazz Dance



Have some fun dancing to your favorite hip hop music all while learning the latest age appropriate moves! This class is full of energy and just a lot of fun! There will also be a final performance at the last class.

SEC433.412 Winter: Sat. 1/28-3/17 (8 weeks)

SEC433.112 Spring: Sat. 4/21-6/9 (8 weeks)

Time: 1:30 - 2:30 p.m.

Ages: 3-8

Fee: \$65

Location: 3845 Spring Drive, Room 19

Instructor: Kat Sorenson

Musical Theatre



Musical Theater is for children who want to develop their vocal, dance and acting skills in a creative, supportive, FUN way! There will also be a final performance at the last class.

SEC413.412 Winter: Sat. 1/28-3/17 (8 weeks)

SEC413.112 Spring: Sat. 4/21-6/9 (8 weeks)

Time: 2:30-3:30 p.m.

Ages: 6-12

Fee: \$65

Location: 3845 Spring Drive, Room 19

Instructor: Kat Sorenson

★ Voice Lessons



Voice lessons are for children who want to develop their vocal skills in a creative, supportive, FUN way! They will work on a couple of fun songs & will perform for their families during the last class.

SEC421.412 Winter: Sat. 1/28-3/17 (8 weeks)

SEC422.112 Spring: Sat. 4/21-6/9 (8 weeks)

Time: 3:30 - 4:30 p.m.

Ages: 5-12

Fee: \$65

Location: 3845 Spring Drive, Room 19

Instructor: Kat Sorenson

ADULT

Zumba Fitness!



Zumba brought the best of two worlds into a fun and easy to follow activity that everyone can enjoy. No dancing experience required! Let's Ditch the Workout and Enjoy the Party!

SEC611.412 Winter: Sat. 1/28-3/17 (8 weeks)

SEC611.112 Spring: Sat. 4/21-6/9 (8 weeks)

Time: 9:00 -10:00 a.m.

Ages: 18 & up

Fee: \$40

Location: 3845 Spring Drive, Room 19

Instructor: JoAnn Rochau

Flexercise!



This class is designed to help gain or regain flexibility of the limbs & muscles, through stretching & flexibility exercises. Teaches breathing techniques to help reduce stress, release toxins in the body & regain energy.

SEC691.412 Winter: Sat. 1/28-3/17 (8 weeks)

SEC691.112 Spring: Sat. 4/21-6/9 (8 weeks)

Time: 10:00-11:00 a.m.

Ages: 15 & up

Fee: \$25

Location: 3845 Spring Drive, Room 19

Instructor: Ginger Pahl

★ Couponing 101



This class teaches how to use interactive website to create shopping lists based on sales & using coupons. Provide guidance on simple coupon organizational system. This class is \$10 per week.

SEA791.412 Winter: Sat. 2/4, 2/11, 3/3, 3/10

SEA794.112 Spring: Sat. 4/21, 4/28, 5/19, 5/26

Time: 11:00 a.m.-12:30 p.m.

Ages: 18 & up

Fee: \$10 per week

Location: 3845 Spring Drive, Room 19

Instructor: Kerrie-Ann Stidum



Spring Valley REC Club Hours

School Year Hours:

Monday, Wednesday, Thursday, Friday

2:30pm - 6:30pm

Tuesday

1:00pm - 5:00pm

Free Teen Center Ages 10-17

838 Kempton Street

Spring Valley, CA 91977

Contact Information

For more information please contact the
Spring Valley REC Club at

(619) 667-6835

www.thereclub.org



The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to encourage youth to take a proactive role toward leading healthy lives free of drugs and violence.

Weekly Activities Include:

- Arts & Crafts
- Leadership Group
- Dance, Fitness, Cooking
- Gardening
- Recording Studio
- Homework Help
- Team Building Games
- Video Games
- Pool
- Board Games
- Movies
- Outdoor Adventure Program
- Acting Workshop
- Skin Deep
- Basketball Skills Class

Energy Saving Adventures, the newest REC Club program, helps empower youth to make changes towards a sustainable future. Through the use of innovative programming, REC teens learn to make small yet significant changes to use energy efficiently and conserve resources. This is the "REC Club unplugged".



Youth Sports

YOUTH BASKETBALL LEAGUE

Come be a part of the premiere recreational youth basketball league of East County!

Ages: 6-14 years olds

Required Skills Assessment before season starts

Saturday Games

Volunteer coaches welcomed!



Upcoming Programs

- Indoor Soccer
- Athletic Training

Call for more information!

Adult Sports

MEN'S BASKETBALL LEAGUE

Divisions: B and C (8 teams each)

10 game season + Playoffs

Games @ 6, 7, 8 and 9pm

\$350 per team and \$24/game/team for referees

Thursday Nights

Next season begins March 1st

Call us for more information!



Gym Open Play

Open play gives people of all ages an opportunity to shoot around and play pick-up games after school and work. There is room for everyone!

Waiver Required

Ages 10-17: Play for FREE

Ages 18+: \$1/day or \$20/annually

MON

3:30 pm

to

9:00 pm

...

TUES

2:30 pm

to

9:00 pm

WED—FRI

3:30 pm

to

9:00 pm

...

SAT

Closed

...

SUN

2:00 pm

to

6:00 pm

**Hours can change daily. Please call ahead for times.*

(619) 667-6833

SPRING VALLEY GYMNASIUM

The Spring Valley Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps.

Field space is available for use at the Sweetwater Lane Sports Complex (1312 Sweetwater Lane), which includes 4 baseball/softball fields, and is also capable of hosting football and soccer events.

Please contact us at 619-667-6833 or Brandon.schroeder@sdcounty.ca.gov for more information on renting the Spring Valley Gymnasium, Sweetwater Lane Sports Complex, or La Mesa/Spring Valley School District fields.



SPRING VALLEY GYMNASIUM RENTAL PRICES

Pricing effective July 1, 2011

Practices/Games (Weekdays ONLY)

Space	Rate	Security Deposit
Court #1	\$50.00 Hr	n/a
Court #2	\$50.00 Hr	n/a
Main Court	\$100.00 Hr	n/a

* Minimum 1 hour rental

Tournaments/Camps/Clinics (Weekends & Holidays ONLY)

Space	Rate	Security Deposit
Full Gym	\$400— half day (4 - 5.5 hrs)	n/a
Full Gym	\$550— full day (6+ hrs)	\$250

* Minimum 4 hour rental

Miscellaneous Charges

Item	Cost	
Staff Charge	\$15 per hr	Operation of scoreboards
Set Up	\$50 per day (charge once for consecutive day rental)	Bleachers, Table(s), Chairs
Scoreboard(s)	\$50 per day	Court # 1, #2 or Main Court
Scores Table & Padded Chairs	\$50 per day	48 padded chairs
Concessions	\$25 per day	Letter of request required

* ALL Details are subject to change

SPRING VALLEY FIELDS RENTAL PRICES

Pricing effective July 1, 2011

Sweetwater Lane Sports Complex

Group Type	Rate	Lighting
DPR Program (A)	FREE	\$20/hour
Recreational Youth (B)	FREE	\$20/hour
Competitive Youth (C)	\$15/hour	\$20/hour
Adult Sports (D)	\$25/hour	\$20/hour

School District Fields

Group Type	Rate	Lighting
DPR Program (A)	\$5/participant	N/A
Recreational Youth (B)	\$5/participant	N/A
Competitive Youth (C)	\$5/participant	N/A
Adult Sports (D)	\$5/participant	N/A

Miscellaneous Charges

Item	Cost
SLSC Concession	\$400/month
SVSC Annual Membership	\$55

HOW TO REGISTER FOR CLASSES AND ACTIVITIES

All registration is open and continues until program is full. Winter/Spring classes begin Monday, January 23, 2012 and run through Saturday, June 9, 2012. Register by mail, in person, or online.

Mail Registration to:
Spring Valley Community Center
8735 Jamacha Boulevard
Spring Valley, CA 91977

Walk in Registration:
Monday 9:00 a.m. – 4:00 p.m.
Tuesday – Thursday 10:00 a.m. – 8:00 p.m.
Friday 9:00 a.m. – 5:00 p.m.

Online Registration:
www.sdparks.org
(see page 2 for details)
Saturday & Sunday Private Events

1. Read the information contained in this brochure and carefully select the classes that you wish to participate in for the Winter/Spring session. **No refunds** will be issued after the first meeting of any recreation classes. NO EXCEPTION! A \$10 service charge will be deducted for withdrawal from any program prior to the first class meeting. REFUNDS or credits will be issued for any program changed or cancelled BY THE DEPARTMENT.
2. Complete the "Mail-in Registration" form shown below. Incomplete forms will delay the process of your registration.
3. Enclose a check or money order made payable to County of San Diego. To confirm your registration and receive a receipt, please enclose a stamped, self-addressed envelope.
4. Fees can be paid by Visa or MasterCard. Please contact the Community Center Office for more information.
5. Registration is accepted on a first-come, first-served basis during registration hours. Early registration is encouraged to ensure first choice of programs. Registration is required for participation.
6. All fees are due at the time of registration. A \$25 service charge will be assessed for any returned check. Post dated checks are not accepted.



Student's Name: _____ Birth Date: _____
Phone #: _____ Address: _____

Class Title: _____

Starting Date: _____

Fee: _____ Payment Info: _____

Payee Name: _____

Processor's Initials: _____ Date: _____

Receipt Number: _____

Class Title: _____

Starting Date: _____

Fee: _____ Payment Info: _____

Payee Name: _____

Processor's Initials: _____ Date: _____

Receipt Number: _____

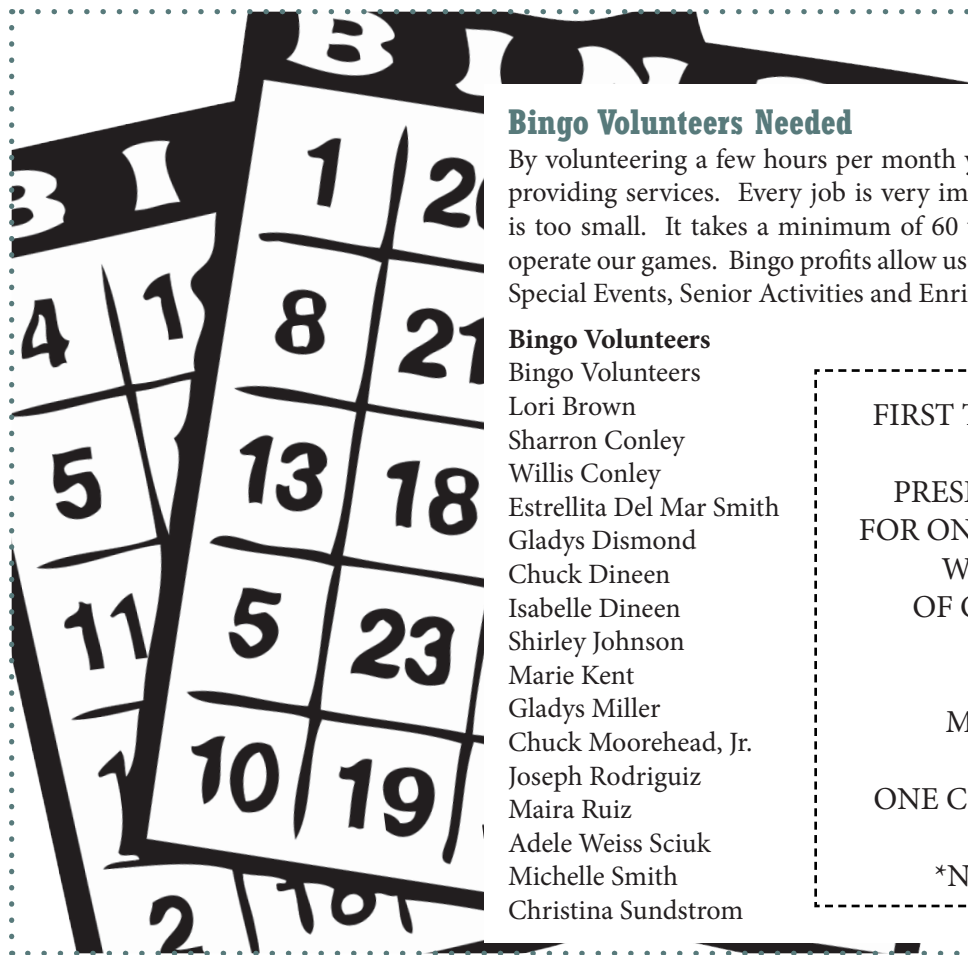
Sweetwater Summit Park

Visitors to this Regional Park have quite a palette of activities to choose from. The Summit Site, atop a hill overlooking the Sweetwater Valley, offers modern campsites – including some with corrals for equestrians who want to bring their horses and explore 15 miles of trails in the area. The park has hundreds of acres of streamside vegetation, grassland, and open areas that provide a variety of habitats for hikers, horseback riders, and mountain bikers.

For additional information or reservations please visit www.sdparks.org or call (858) 565-3600.

Spring Valley Youth & Family Coalition

As a representative community-based organization, the Spring Valley Youth & Family Coalition (SVY&FC) convenes participants from over 60 different community groups, service providers and neighborhood residents to identify local needs and opportunities, coordinate services, support and resources, and promote the health and well-being of Spring Valley. For more information, please contact (619) 668-8391 or fax (619) 668-8393.



Bingo Volunteers Needed

By volunteering a few hours per month you will be playing a vital role in providing services. Every job is very important and no amount of hours is too small. It takes a minimum of 60 volunteer hours each Monday to operate our games. Bingo profits allow us to offer programs such as Camps, Special Events, Senior Activities and Enrichment Classes.

Bingo Volunteers

Bingo Volunteers
Lori Brown
Sharron Conley
Willis Conley
Estrellita Del Mar Smith
Gladys Dismond
Chuck Dineen
Isabelle Dineen
Shirley Johnson
Marie Kent
Gladys Miller
Chuck Moorehead, Jr.
Joseph Rodriguiz
Maira Ruiz
Adele Weiss Sciuk
Michelle Smith
Christina Sundstrom

FIRST TIME PLAYERS ONLY

PRESENT THIS COUPON
FOR ONE FREE BINGO GAME
WITH PURCHASE
OF ONE PACK BUY-IN

VALID ANY
MONDAY NIGHT

ONE COUPON PER PLAYER

NO CASH VALUE

Doors Open: 4:00 p.m. | Early Bird Game: 6:15 p.m.

Regular Games: 6:30 p.m.

Pull Tabs * Catered Refreshments * Door Prizes * Patrolled Parking

Play from 6:15 – 9:30 p.m.

SPRING VALLEY COMMUNITY CENTER BANQUET HALL

WEDDINGS | BIRTHDAYS | ANNIVERSARIES | RECEPTIONS | DANCES | DEBUTANTES



Equipment available: 25 round tables 66" - 54 Long tables 8' - 295 chairs

**THE FACILITY ACCOMMODATES UP TO 250 GUESTS.
CALL FOR INFORMATION OR STOP BY AND TAKE A LOOK AT OUR RENTAL HALL FACILITY
(619) 479-1832.**

ROOM	SQUARE FOOTAGE	CAPACITY	PRIVATE FUNCTION/ COMMERCIAL USERS	NON PROFIT ORGANIZATIONS/ SCHOOLS/ONGOING RENTALS	DEPOSIT	TABLE & CHAIR RENTAL FEE
Ketell Hall (weekend)	3952	250	\$500 / \$90	\$400 / \$80	\$300	\$50
Kitchen (with Ketell Hall only-flat fee)			\$105	\$80		
Olsen	1294	78	\$55	\$40	\$100	\$25
Patio Lounge	2300	160	\$30	\$25		

Return address

Postal Resident

PRSR STD
ECRWSS
US POSTAGE PAID
SAN DIEGO CA
PERMIT NO. 571